

Good Physical, Mental Health Key to Happiness

By DR. K. H. SUTHERLAND
County Health Officer

Representing the milestone that it does, the beginning of the New Year is a good time for the individual to take stock of his way of life.

Long centuries ago it was said that man's fate lies within himself and, to some extent, this is still true. For life, or existence, according to the point of view, can be made more enjoyable by adherence to reasonably good physical and mental health habits.

NOT ALL people realize that health and contentment are closely related. But the truth of the matter is that it is difficult to be happy unless healthy and if persistently disturbed over something or other physical well-being will be adversely affected sooner or later.

Happiness, contentment, peace of mind, or whatever else it may be called, is a thing that grows, or emanates, from within the individual. It is eloquent of a capacity to meet the stresses of life and also of an ability of rise above the annoyances, petty and otherwise, that seem to occur without end in day-to-day living.

NOR DOES this imply acceptance of the irresponsible mentality that refuses to recognize the existence of these conditions when they do exist. This is really just a form of emotional immaturity since it shows a reluctance to face reality.

The mature or well-adjusted person sees the problem from all angles, does what he can

Two Hurt In Crash

Two persons, a motorist and his passenger, suffered minor injuries Sunday night in a two-car accident at Western Avenue and 220th Street.

Taken to Harbor General Hospital was the driver, Peter Uwe Huebner, 22, a soldier stationed at Ft. MacArthur, and his passenger, Virginia Curtis, 18, of 1325 1/2 W. 219th St.

Driver of the other sedan involved was identified as Anita Andrea Arenas, 38, of 23038 Arlington Ave.

Law In Action

The 1962 election ballot saw many proposals to amend the California constitution which, unlike the U. S. constitution, is a mass of many laws. Many people regard it as too long.

California adopted its first constitution in 1849 and revised it in 1879. The earlier constitution restricted the state's powers and set out broad principles.

THE STATE constitution now goes further. For example among other things it (1) reserves for the people the right to fish in state waters; (2) sets up a state civil service law; (3) restricts the use of gas and highway tax money for roads; and (4) establishes the University of California.

New provisions are presumed to be "self-executing" and go into effect without legislation.

The constitution also has several "enabling" provisions: They allow law makers to pass laws in certain fields such as workmen's compensation law, set up a public utilities commission, or a special kind of tax system.

State amendments are proposed by a two-thirds vote of the State Legislature, or by an initiative petition signed by eight per cent of the voters at the last state election. To become law amendments must be ratified by a majority vote of the voters.

DO NOT confuse initiative with referendum. A referendum measure starts when the Legislature refers a law to the people for their approval. The initiative starts with the people who petition to put it on the ballot.

The State constitution declares rights much the same as the federal constitution. In addition the 14th amendment in the U. S. constitution also gives citizens the protection of the federal bill of rights.

Note: California lawyers offer this column so you may know about our laws.

Electro-Mechanical Courses Set at HC

Many new classes are now offered in the electro-mechanical curriculum at Harbor College in both the day and evening division according to an announcement today by George Rainey, applied technology division chairman.

Registration for all classes is by appointment only. An application for a permit to register must be obtained from the admission office of the college before Jan. 25, 1963. Classroom instruction will begin on Wednesday, Feb. 4, for both day and evening classes.

BASIC COURSES in automa-

tion (technical physics), technical chemistry, fundamentals of electronics, and related mathematics are available to students who desire to get into this field.

Laboratory work gives practical experience in hydraulic systems, pneumatic systems, optical systems, heat transfer systems, mechanical systems, and electrical systems.

A specialized class in industrial safety, emphasizing safe working conditions in school, home, and shop is also scheduled.

OTHER COURSES in me-

chanics tie the electro-mechanical technician's skill into the laboratory work of many industries.

"These new classes were established to meet the growing need for fundamental information in the electro-mechanical field," stated Rainey. "They should be taken by all persons starting a program in any technical major of the college."

"A miracle kitchen knife that cuts frozen foods is being advertised. We'd prefer one that cuts frozen prices." —Lloyd S. Waters, Mountain Home (Tenn.) News.

Infant Dies

Suddenly Here

A 2-month-old baby was pronounced dead at a local hospital Saturday morning after the infant's parents found him unconscious when they went to check on him.

Raymond Charles Strawn Jr., son of Mr. and Mrs. Raymond C. Strawn of 22707 Susana, had been in ill health, police said. The couple took the infant next door to a nurse who checked the child and summoned the police department. The body was taken to the Niland Mortuary in Redondo Beach.

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THE TORRANCE HERALD

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Pick Cast Next Week

Tryouts for "Devil's Advocate," will be presented sometime in March, will be held at Chapel Theatre Tuesday, Wednesday and Thursday evenings, Jan. 8, 9 and 10, at 7 in the theater located at 4164 Pacific Coast Hwy., Torrance. Gladys Manu of Wilmington, who recently played the role of the mother in "The Miracle Worker" and has directed many plays for Chapel Theatre before, will be director for this drama. There are no minor roles, according to Mrs. Manu, as each is vital and each pre-

sents dramatic challenges to actors. The cast calls for 11 men and four women, and readings are open to the public.

Courses Offered

Courses required to obtain a high school diploma are available through the Adult Education Division of the Centinela Valley Union High School, 4500 Lennox Blvd. Further information may be obtained by calling 679-8141 (day), or 679-3880 (evening).

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